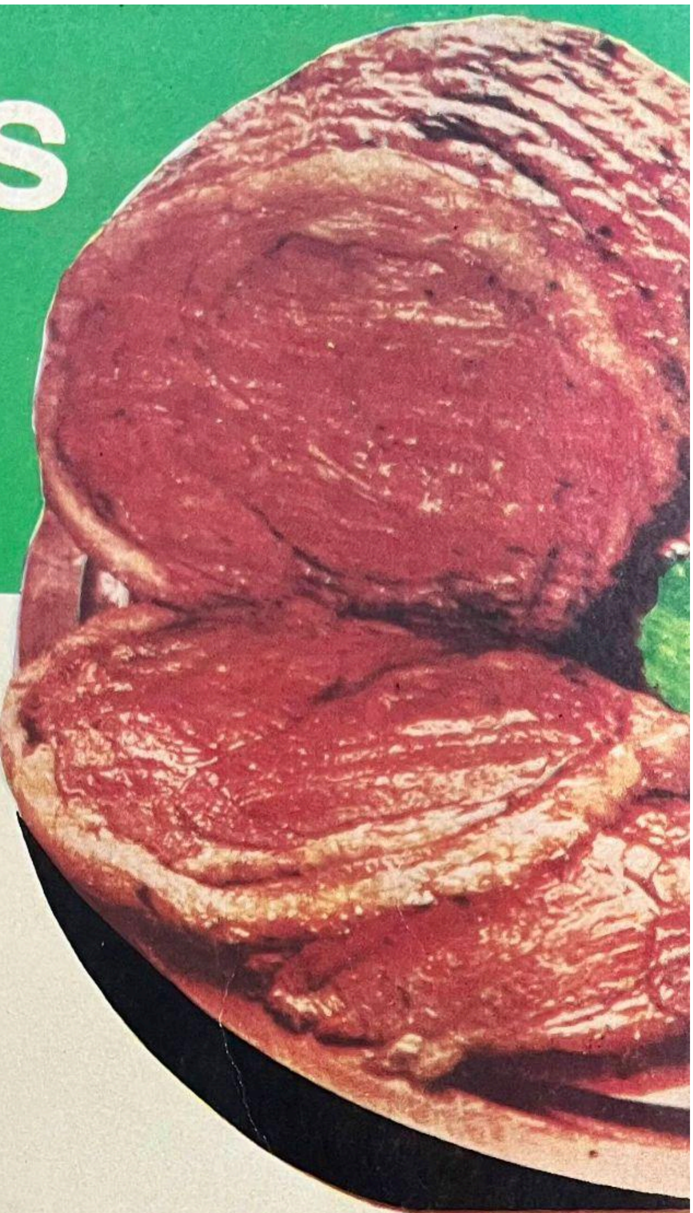
DELICIOUS RECIPES For Mrs.



Cookbook

FILIPINO
CHINESE

SPANISH
CUISINE

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DELICIOUS RECIPES FOR Mrs.

Compiled By Marissa R. Enriquez

PHILIPPINE BOOK COMPANY

FOREWORD

TO MAKE MEAT TENDER

Good cooking can help make any cut of meat a favorite main dish with the family. Here are some of the methods that skillful cooks use for less tender cuts:

Long slow cooking, as for braised meats and stews. — For extra flavor, first brown meat in a little fat. To braise, use little or no liquid except the juices that cook from the meat. Cook, closely covered, with low heat. To stew, add water to partially cover meat, cover kettle, and simmer.

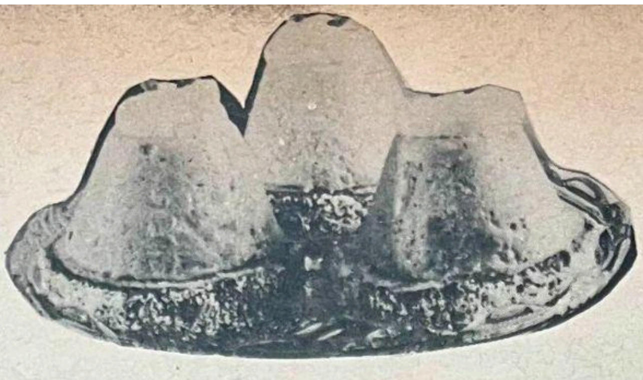
Grinding, pounding, scoring. — The meat grinder helps make meat tender. After grinding, any meat cooks as quickly as a tender cut. Pounding, or scoring with a knife, before cooking is similar in effect to grinding but tenderizes meat less.

THESE FOOD GROUPS SHOULD BE INCLUDED IN THE DAILY MEALS

In order to have a balanced meal, select the foods from the Six Basic Food Groups:

Group I—Green, yellow and leafy vegetables
Group II—Fruits and vegetables rich in vitamin
Group III—Succulent fruits and vegetables
Group IV—Milk, cheese, butter and fat-rich foods
Group V—Meat, fish, poultry, eggs or dried beans
Group VI—Rice and other energy giving foods — cereals and root vegetables

Leafy, green, and yellow vegetables are good sources of vitamin A. It is found in yellow-orange colored and green-colored vegetables. In cooking these vegetables, use little boiling water and cover to retain the mineral and vitamin content;



likewise it is done to prevent destruction of color, texture and flavor. Carrots, yellow camotes, and corn contain carotene. Ripe papaya is rich in vitamins A and C.

Citrus fruits like calamansi, lemon, *suha*, etc., are rich in vitamin C. This vitamin keeps teeth and gums healthy. Tomatoes, guavas, *camias* and *balimbing* are also good sources of vitamin C. Crisp vegetables like cucumbers, cabbages, carrots and medium-ripe papayas are good for gums and teeth.

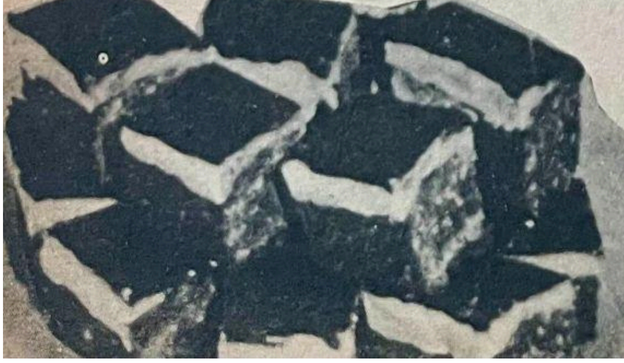
Succulent or juicy vegetables are good to cook with meat, fish or poultry. They are served in one-dish meals. Young corn, bananas, avocados, potatoes, and camotes are good sources of energy while mangoes, chicos, papayas, and atis are good desserts for they supply vitamins and minerals. Fruits and vegetables give bulk and help digestion.

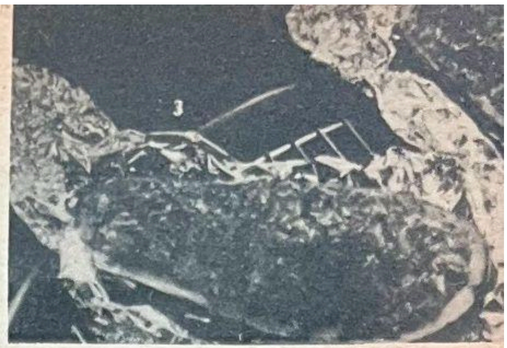
Milk can be served in many forms as in custard, ice-cream, soups, puddings, porridge and chocolate.

Vitamin B is found in milk, grains, cereals, beans and fruits. It improves appetite, helps digestion, promotes growth and prevents beriberi. Meat, dried beans, and fish are sources of vitamin B, iron and other minerals. Lean meats are muscle builders. Liver and tripe (stomach — *goto*) of livestock are rich in iron and are much better than fish. Pork (muscle meat) contains as much as seven times of vitamin B_1 that is found in beef.

Peanuts, soybeans, mongos, and other dried beans contain proteins, thiamin, calcium, iron, phosphorous and other minerals.

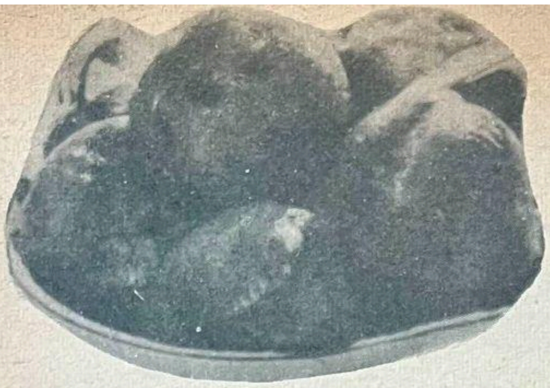
Group VI is an excellent source of energy and vitamin B. Wash rice once and do not rub. Cook it in enough water to avoid water from boiling over. Rice water can be used for soups and stews.





PARTS OF THE PIG AND THEIR USES

ENGLISH	TAGALOG	USES
foot, hocks	pata	pickled foot, pork pata, sausage
ham	pigi	piquat, pork a la jardenia, pork fritado, pork humba, pork suam
loin	lomo	Canadian bacon, steak, shish kebabs, loin roast
side bacon belly	liempo	lechon, bacon, salt pork
pork chops	costillas	pork chops, boiled, grilled, barbecue
fat back	taba sa likod	longganisa, kekiam
picnic	kasim	picnic shoulder, tocino meat balls, dinuguan, adobo, pastel
jowl	kalamnan	asado
head	ulo	dinuguan, kulaoc, kilawin
heart	puso	bachoy, bopiz, dinuguan, egado
liver	atay	liver spread, bachoy, bopiz, dinuguan, egado, adobo
kidney	bato	bachoy, bopiz, dinuguan, egado
blood	dugo	dinuguan
lungs	baga	dinuguan, egado, bopiz
pancreas	lapay	dinuguan, egado, bopiz
omentum	empella	dinuguan, bopiz
small intestines	trepella	adobo, kilawin, dinuguan, bopiz, egado
esophagus	lalaogan	egado, bopiz
stomach	tito	adobo, kilawin, dinuguan, paksiw, egado, bopiz



SOUPS AND VEGETABLES

ONION SOUP

2 large onions, sliced thin and sauteed in butter until brown
2 cups stock
1/2 cup cream
1 teaspoon Worcestershire sauce
Salt and pepper to taste
Grated Parmesan cheese

Boil the sauteed onions in stock for 10 minutes. Add cream, salt, and pepper to taste. Add 1 teaspoon Worcestershire sauce just before serving. Put into each plate a thin slice of toast covered with grated Parmesan cheese.

QUICK TOMATO BOUILLON

2 1/2 cups tomato juice
1 tablespoon orange juice
1 teaspoon grated orange rind
1/2 teaspoon salt
1/8 teaspoon pepper
1 teaspoon grated onion
1 teaspoon chopped chives
1/4 teaspoon Worcestershire sauce

Combine all ingredients and heat to serving temperature.

PILI NUTS SOUP

1 pound shelled pili nuts
1 cups chicken stock
2 ounces butter
1 cup milk
1 teaspoon refined sugar
Salt and pepper to taste

Split the skin of the nuts. Cover with water and boil for 15 minutes. Peel nuts while hot, then return to saucepan with chicken stock. Simmer gently for 45 minutes. Rub the nuts through a sieve, then put the puree of nuts back into saucepan, together with butter, milk, sugar and seasonings. Heat slowly and serve with crisp pieces of toast or salted crackers.

SQUASH AND CHEESE CASSEROLE

1	lb. squash
	salt and pepper to taste
1/2	lb. cheese butter to taste
2	eggs, beaten
1/4	minced onion
1	cup milk

Wash and slice squash. Put into saucepan with a small amount of water and the minced onion. Cook only until tender. Drain off the water, season with salt, pepper and butter. Beat the eggs, add the milk. Layer the squash and grated cheese in buttered dish, pour the egg and milk mixture over all and bake in a 350° oven for 20-30 minutes. Serves 6 to 8 persons.

MACARONI CHEESE WITH SMOKED SALMON ROLLS

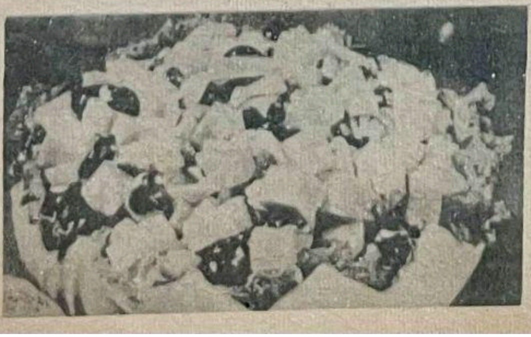
2-3/4	oz. can smoked salmon
2	medium onions, finely chopped
1-1/2	cups sliced mushrooms
10-1/2	oz. can cream of mushroom soup
1	teaspoon salt
1/4	teaspoon pepper
3-1/2	pints boiling water
2	teaspoons salt
2	oz. butter
1	cup thinly sliced celery
1	tablespoon chopped canned pimiento
1/2	cups milk
4	oz. cheese, roughly chopped
6	oz. macaroni or spaghetti broken into pieces (1-1/2 cups)

Drain the smoked salmon and cut one slice into six strips; roll up and set aside for garnish. Roughly chop remaining slices of smoked salmon.

Melt butter in a saucepan and fry onion and celery until tender, approximately 10 minutes. Add mushrooms and fry for another five minutes. Add pimiento, chopped smoked salmon, mushroom soup, and milk. Bring to a boil, stirring constantly. Add the roughly chopped cheese and stir until melted. Season to taste with salt and pepper.

Meanwhile cook macaroni or spaghetti in the 3-1/2 pints of boiling water with the two teaspoons of salt for 15 minutes or until tender. Drain. Add macaroni or spaghetti to the sauce and reheat. Spoon into a casserole and garnish with rolls of salmon.

Five servings.



HABICHUELAS PARMESAN

1 lb. fresh habichuelas
1 inch boiling water in pan
3/4 tsp. salt
1 lb. small white onions
3/4 tsp. salt
Butter or margarine
Parmesan cheese, grated

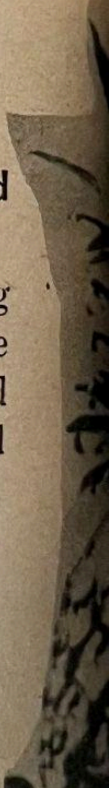
Wash beans; cut off tips and leave whole. Place in saucepan with 1-inch boiling water and 1/4 tsp. salt. Cover. Bring to boiling point and cook until crisp-tender, lifting the lid 3 to 4 times during cooking to permit the volatile vegetable acids to escape to retain the green color of the beans.

In the meantime, peel onions, leave whole and place in a saucepan with 1 inch boiling water and 3/4 tsp. salt. Leave uncovered and quickly bring to boiling point. Cook until half done. Then cover and cook until onions are tender. Onions cooked by this method have a milder flavor. Season beans and onions with butter or margarine, ground black pepper and additional salt, if desired. Arrange in a serving dish. Sprinkle with grated Parmesan Cheese. Serves 4 or 5.

SAUTEED TOKWA WITH KINCHAY LEAVES

6 pieces tokwa
1 cup sliced pork
1 cup kinchay leaves
1 small onion, sliced
3 sections garlic
1 tablespoon soy sauce
1 small green pepper, sliced
2 teaspoons salt

Render the pork and saute with garlic and onion, adding salt. Cut tokwa into four parts each, add the tokwa pieces to the mixture and stir until cooked. Then add kinchay leaves and sliced green pepper. Season with soy sauce and cook further until the pepper and kinchay leaves are also cooked. Serve at once.



PINEAPPLE-BUKO SALAD

1 No. 2 can pineapple tidbits
3-4 young coconuts (buko)
2 cups sweet kaong

Drain pineapple and kaong. Scrape buko into long strips. Combine pineapple, kaong and long strips of buko. Serve with a French dressing, a low calorie dressing or mayonnaise.

VEGETABLE AND FRUIT SALAD

1 cup parboiled beets, pared, diced and cubed
1 cup carrots, also parboiled, pared and cubed
4 slices canned pineapple
1/2 cup raisins
4 fresh, sweet apples, pared and cubed
1/4 kilo cabbage, blanched and sliced thinly
1/2 of small bottle mayonnaise

Mix all ingredients in a bowl. Add mayonnaise. Chill for about 20-25 minutes. Serves 6.

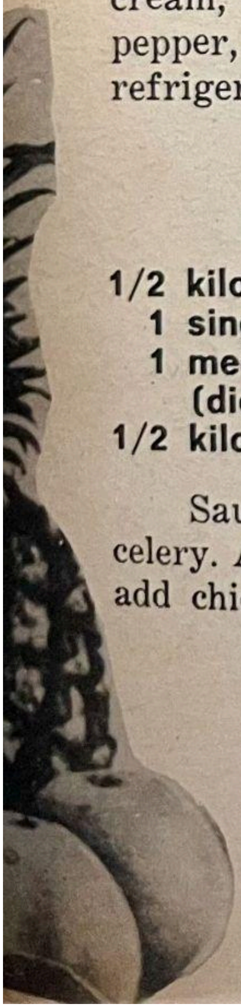
CRISP CUCUMBER SALAD

4 medium cucumbers
Salt
1 cup commercial sour cream
1/2 tablespoon vinegar
1/4 cup salad oil
1/2 teaspoon sugar
2 tablespoons snipped fresh dill
1/4 teaspoon pepper

Early on the day or two hours before serving:

1) Wash, but do not pare cucumbers. Slice them very thin; place in bowl with 1 tablespoon salt; mix thoroughly, then refrigerate about 1 hour.

2) Drain all water from cucumbers, then, to them, add sour cream, vinegar, salad oil, sugar, dill, 1-1/2 teaspoons salt and pepper, mixing until well blended. Transfer to salad bowl, then refrigerate until serving time. Makes 6 servings.



GULAY NA SAMOT-SAMOT

1/2 kilo shrimps
1 singkamas (sliced)
1 medium sized carrot (diced)
1/2 kilo chicharo
1 stem celery (diced)
2 tbsps. soy sauce
2 tbsps. refined sugar
salt, pepper and vetsin

Sauté shrimps until reddish. Add carrots, singkamas, and celery. Add 1/2 cup water and seasoning. Let it simmer. Then add chicharo. Serve hot.

BAKED MUSHROOMS

1 clove garlic, minced
1 onion, grated
2 tsps. chopped parsley
1/8 tsp. basil
1 tsp. salt
1/4 tsp. pepper
1/3 cup olive oil
2 tbsps. wine vinegar
1-1/2 pounds mushrooms, sliced
1/4 pound butter
1/2 cup bread crumbs
1 tbsp. grated Parmesan cheese

Combine the garlic, onion, parsley, basil, salt, pepper, oil and vinegar in a bowl. Add the mushrooms and allow to marinate for 3 hours, basting frequently. Drain. Melt half the butter in a skillet. Add the mushrooms, cook over high heat for 1 minute. Reduce the heat to low and cook for 10 minutes, stirring frequently. Butter a baking dish very well and place the mushrooms in it. Sprinkle the bread crumbs and Parmesan cheese on top and dot with the remaining butter. Place under the boiler until browned.

DIFFERENT WAYS OF SERVING CHICKENS

CHICKEN WITH CASUY

4 spring chicken breasts	1 tsp. monosodium glutamate
1 egg white	1 tbsp. soy sauce
1 tbsp. cornstarch	1/2 cup casuy nuts
Salt	
1 tsp. sugar	

Dice chicken breast. Add the egg white and cornstarch. Season with salt, monosodium glutamate, soy sauce and sugar. Blend well. Set aside. Fry casuy nuts in cooking oil till brown and crisp. Set aside. Deep fat fry chicken breast. Drain out fat. Dissolve 1 tablespoon cornstarch in 1/4 cup water. Add to chicken and continue cooking. Top with crisp casuy nuts. Serve.

CHICKEN RELLENO

1 big chicken	2 hardboiled eggs
1 kilo ground pork or chicken meat	2 ripe tomatoes
1/4 cup seedless raisins	1 small can peas
1 small bottle sweet pickles	1 tbsp. catsup (optional)
1 tbsp. lard	1 onion
	Salt and pepper

Dress and bone the chicken. Mince onion and tomatoes. Chop pickles. Heat the lard, add onion, tomatoes, ground meat, raisins, peas, pickles, and catsup; cook until meat is done. Season to taste. Add chopped hardboiled eggs. If needed, moisten mixture with a little stock made from the liver, gizzard, and bones.

Stuff the boned chicken with the mixture. Sew up the opening. Wrap the chicken in cheese cloth. Cover with stock and simmer until tender. Remove from the kettle and fry, browning all sides evenly. Serve with giblet gravy.

Giblet Gravy: Chop the giblets; dredge with flour. Saute in a little lard, garlic, and onions. Add stock, mashed liver and giblets, season with salt and pepper. Cook until thick. Strain before serving.

TURKEY SPECIAL

1/4 kilo chopped pork meat
1 can vienna sausage
4 tbsps. relish pickles
5 slices bread soaked in milk
5 tbsps. refined sugar
1 chorizo de bilbao
6 chopped olives
3 eggs
1/4 cup cheese

Marinate the turkey in white wine and a little toyo. The following day, stuff it by mixing the above ingredients. Season with salt and pepper. Sew the opening. Brush well with lard and place on a roasting pan. Roast at 300°F until done, basting from time to time.

Gravy:

In a saucepan place 2 tbsps. flour, 2 tbsps. butter and add drippings of the turkey mixed with 1 cup water. Season with salt and pepper. Add chopped mushrooms and celery if desired. Serve with cranberry sauce and mashed potatoes.

STUFFED DUCK WITH BIRD'S NEST

1 duck
2 pieces dried mushrooms
duck meat stock
salt and vetsin
2 tbsp. cornstarch
1/10 kilo bird's nest
4 pieces sea cucumber
1 tbsp. rice wine
2 tbsps. soy sauce

Clean the duck. Cut at the back and remove the bones. Boil the bones for the stock. Chop the duck meat.

Cook the bird's nest with the mushrooms, duck meat, rice wine, salt and vetsin in the stock for 45 minutes. Stuff the duck with the bird's nest mixture. Rub with sugar and toyo. Fry a little just to brown. Steam for 3 hours. Cut the sea cucumber and put on side of the duck. Thicken the drippings with a little cornstarch.

CHICKEN CURRY

1 medium sized chicken
2 cloves garlic
3 onions
1 tbsps. curry paste
10 pieces tender okra
coconut milk

Heat the cooking oil. Fry the garlic. Add onions and cook until they become transparent-looking. Put in the curry paste and cook into pieces, and add about 3 tablespoonfuls coconut milk. Cook long enough for the chicken to absorb curry. Add the rest of the coconut cream until chicken is half cooked and salt to taste. Add second extraction of coconut milk and continue cooking until mixture becomes oily. Serve hot.

HAWAIIAN CHICKEN

3 tbsps. salad oil
1 cup uncooked rice
1-1/4 cups chicken broth
1-1/2 cups uncooked chicken, cut in small strips
2 cups sliced celery
1/2 cup coarsely chopped green pepper
1 tbsp. soy sauce
1 cup syrup from a can of pineapple
1 tbsp. Aji-No-Moto
Pineapple slices, canned

Heat 1 tablespoon of the salad oil and add rice. Stir until rice is brown. Put into a 2-quart casserole. Stir in chicken broth. Cover and bake 1 hour at 350 degrees, adding a little more broth if rice dries.

Meanwhile, cook chicken strips in remaining salad oil until chicken is white. Add celery, onion, pepper, soy sauce, Aji-No-Moto. Add syrup. Cover and simmer for 5 minutes.

Mix with cooked rice and top with pineapple slices. Heat thoroughly in the oven and serve at once.

CHICKEN TETRAZZINI

2 chickens, cut into quarters
1 can mushrooms, sliced
1/4 cup butter
1 box spaghetti
3 tbsps. butter
3 tbsps. flour
2 cups chicken broth
1-1/2 to 1-3/4 cups scalded evaporated milk
1/3 cup sherry wine
Salt and pepper to taste
1/2 cup grated parmesan or swiss cheese

Cover chicken with boiling water, simmer until tender. Season water. Remove chicken from the broth, shred meat finely. Set aside. Put back bones in saucepan with broth, boil until reduced to 2 cups. Saute mushrooms in butter. Set aside. Boil spaghetti in salted water. Melt butter in saucepan. Blend in flour and gradually stir in the hot strained chicken broth stirring constantly till smooth. Let boil 3-4 times. Stir in the scalded milk and wine. Divide sauce. To one part, add the shredded chicken. To another, the well drained spaghetti and mushrooms. Season both to taste with salt and pepper. Put prepared spaghetti in a baking dish making a cavity in the center and baking it around the sides of the dish. Pour the chicken mixture in the center, sprinkle generously with cheese. Bake at 350°F. until lightly browned, about 10-12 minutes. Serve right from the baking dish.

DURAND CHICKEN SAUTE

1 big chicken cut in serving pieces
3 onions (fried onion rings)
2 tomatoes
4 oz. of ham in thin slices
Flour
Salt and pepper

Sprinkle the chicken with salt and pepper and roll in flour. Heat the oil and fry the chicken pieces slowly until fried. Put the sliced ham on the bottom of the serving platter. Arrange on top the chicken pieces, the fried onion rings and slices of tomato. Serve hot.

FRIED CHICKEN WITH PEPPER AND BROWN SAUCE

3/4 lb. chicken fillet, cut in squares
2 soaked mushrooms, diced
2 green peppers, diced
2 red chilis, diced
3/4 cup lard
1 bamboo shoot, diced
1/2 tsp. salt
2 tsps. wine
3 tsps. "chiang" (thick brown sauce)

Mix chicken with salt, cornflour, wine. Heat 1/2 cup lard in hot frying pan then fry the chicken for about 2 minutes. Remove and drain. Add the rest of the lard and fry the chiang a little. Fry mushrooms, pepper, chilis, bamboo shoot together for 2 minutes. Put back the chicken and fry.

OVEN-FRIED CHICKEN

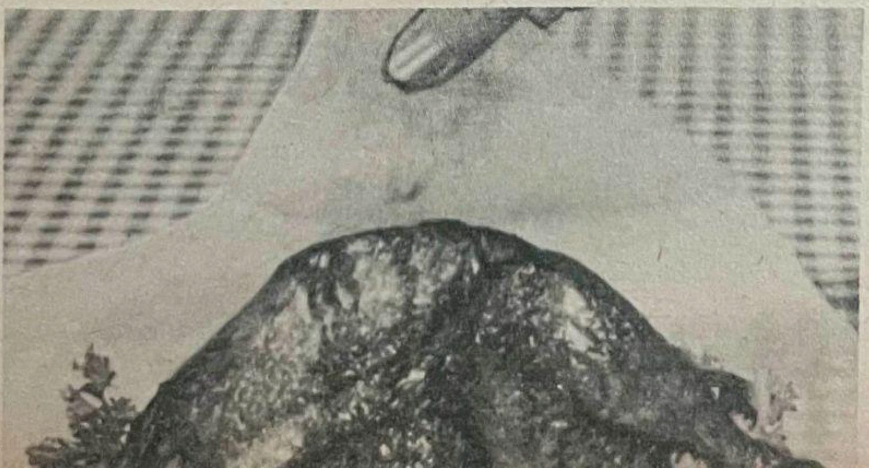
Purchase a chicken and prepare for cooking as above. Beat 1 egg, add 1/4 cup water, and dip chicken sections in it. Meantime, stir 1/3 cup melted margarine or vegetable fat into 1 cup fine dry crumbs. Roll the chicken in this. Place in a well oiled pan in a very hot oven, 450°F. and bake until the crumbs begin to brown. Then reduce the heat to 350°F and bake until the chicken is tender and golden brown, about 25 minutes longer.

ROAST CHICKEN

1 spring chicken
3 teaspoonfuls wine
5 teaspoonfuls soy sauce
3 teaspoonfuls cornflour

Boil the chicken for 1-1/2 hours, then bone it, and let it stand until cold.

Make a paste with cornflour, wine, and soy sauce. Rub this over the chicken and fry the latter in deep fat until brown and crisp. Serve immediately.



STUFFED CHICKEN

1 medium sized chicken

Fillings:
1/2 kilo ground pork
1 cup sweet pickles, drained and chopped
1 cup chopped onions
8 Vienna Sausages, chopped
6 more Vienna Sausages cut in strips, lengthwise for garnishing
1/2 cup dried raisins
Seedless olives for garnishing
3 or 4 raw eggs
3 hard boiled eggs for garnishing
Salt and pepper to taste

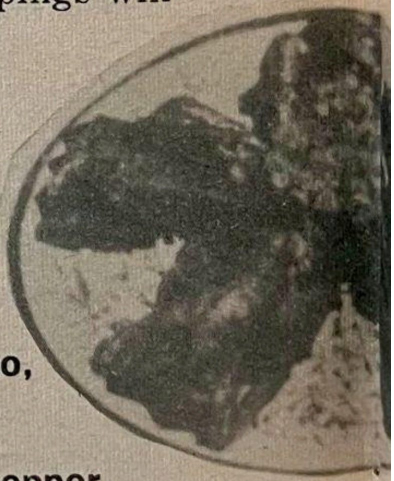
Marinate chicken in calamansi juice and toyo overnight.

Follow usual procedure for deboning chicken and leaving the meat intact.

Boil bones in a little water and salt. Set aside for use in basting.

Mix all ingredients together and use as chicken stuffing. After the hole has been sewed up by means of a needle and string, place chicken in a pyrex dish with strips of bacon on top of the fowl before baking at 350°F until brown for about 1-1/2 hours.

Baste the chicken with the stock from time to time. Be sure also that the skin of the fowl is punctured so the drippings will come out and can be served as sauce.



CHICKEN CACCIATORE

2 pounds chicken parts
2 tablespoons shortening
1 can (10-3/4 ounces) tomato soup
1/4 cup water
1/4 cup dry red wine or
1 tablespoon vinegar
2 large cloves garlic, minced
1 teaspoon oregano, crushed
1/4 teaspoon salt
1/2 medium green pepper, cut into strips
1/2 cup chopped onion

In skillet, brown chicken in shortening; pour off fat. Add remaining ingredients. Cover; cook over low heat 45 min.; stir now and then. Uncover; cook until sauce thickens to desired consistency. 4 to 6 servings.

VARIETY IN RICE SERVING

ARROZ A LA FILIPINA

3 tbsps. lard
3 cloves garlic, minced
1 small onion, sliced
3 ripe tomatoes, sliced
1/2 small chicken, dressed and cut into pieces
2 cups water
3 medium green pepper, sliced
2 tsps. salt
1 tbsp. atsuwete soaked in 1/4 cup water
1/2 cup enriched rice, cooked
1/2 cup cooked enriched malagkit
1 small pkg. raisins
1 hard cooked egg, sliced
Red pepper for garnishing

Saute garlic, onion, tomatoes and chicken. Cover and cook until chicken is brown. Add water, cover and cook until tender. Add sliced pepper and strained *atsuwete.* Cook 3 minutes. When mixture boils, add cooked rice and raisins. Turn mixture from time to time to prevent scorching. Add a few grains of salt to taste. Arrange in a mound in large platter. Garnish with hard-cooked egg and slices of green and red pepper. Four servings.

CREAMED SHRIMPS IN ENRICHED RICE RING

1 to 2 cups enriched rice
1 tsp. salt
2 cups water
3 tbsps. fat
1 cup shrimp juice
1/2 cup milk
1-1/2 cups boiled shrimps, shelled
1 tsp. lemon juice
1/2 tsp. paprika
1 sprig parsley
1 hard cooked egg

Cook the rice in the usual manner. Melt the fat in sauce and blend well. Add the shrimp and blend well. Add the shrimp juice and milk. Cook, stirring constantly until thick and smooth. Add the prepared shrimps sprinkled with lemon juice. Season with paprika and cook for 3 minutes longer. Mold the cooked rice into a ring and arrange the shrimp mixture inside the ring. Garnish with whole shrimps, parsley and hard cooked egg. (Crab meat may be used as substitute for the shrimps).

ARROZ A LA VALENCIANA

1 young chicken cut into regular pieces
1/2 kilo meat, also cut into pieces
2 pieces chorizos de Bilbao, sliced
6 potatoes, quartered
1/2 cup shortening
2 segments garlic, macerated
1 onion, sliced
1 cup tomatoes
Salt, pepper and paprika to taste
Slices of sweet red pepper
1 cup sweet peas
1/4 cup olives
Slices of hard-boiled eggs
3 cups rice, boiled in 3 cups water and 2 cups coconut milk
1 tsp. salt

Season with salt and pepper the chicken and pork meat and fry till slightly brown. In a deep pan with cover, fry in the order given the garlic, onions and tomatoes. Add potatoes, then the chicken, pork and chorizos. Mix well, cover the pan and cook till meat and potatoes are tender. Add water if necessary. Add sweet pepper, sweet peas and olives. When meat and vegetables are done, remove some of the stock from the pan and set aside. Add to the meat mixture the cooked rice, and mix thoroughly with a wooden spoon till well blended. Add remaining stock and seasoning to taste. Cook on low heat until mixture becomes quite dry. Garnish top with sliced hard-cooked eggs, stuffed olives and red pepper slices.

ARROZ A LA PAELLA

- 1 small chicken, boiled and cut into pieces
- 1/4 kilo pork tenderloin, cubed
- 1 small onion, chopped
- 1 cup meat from boiled clams
- 2 crabs, boiled and shelled
- 1 tablespoon pimiento
- 6 squids, sliced crosswise
- 2 cans tomato sauce
- 2 cloves garlic, minced
- 1 bay leaf
- 2 hard-boiled eggs
- 1/4 cup olive oil
- 1/2 cup shrimps, boiled and shelled
- 4 cups cooked rice, boiled in chicken stock
- Salt and pepper to taste

Saute the garlic, onions and pork. Add squid, tomato sauce, clams, shrimps, crab meat and rice. Mix very well. If the mixture is too dry, add a little chicken broth.

Transfer to a heat resistant casserole. Pour oil on top of paella and bake for 20 minutes at 350°.

Garnish with hard-boiled eggs and pimiento.

BRINGE

- 2 tbsps. cooking oil
- 2 cloves garlic, chopped
- 1 onion, sliced
- 1 chicken, cut in serving pieces
- 1 pc. chorizo de bilbao, sliced
- Salt to taste
- 1 tsp. pepper
- 2 tbsps. patis
- 3 tbsps. juice of dilaw (tumeric)
- 1/2 cup malagkit (glutinous rice) washed
- 1-1/4 cup rice, washed
- 3-1/2 cup coconut milk
- 1 bay leaf
- Banana leaves
- 2 pcs. pimientos morrones, in strips
- 1 hardcooked egg, in wedges

Saute garlic and onions. Add chicken pieces and chorizo in skillet. Season. Simmer 5 minutes. Add dilaw juice and let simmer 5 more minutes. Blend in washed malagkit and rice. Pour coconut milk and cook until it is absorbed by rice. Stir to prevent burning at bottom of pan. Drop bay leaf, cook 2 minutes more. At this point, transfer half the mixture into skillet. Cover both pans with banana leaves and continue cooking. Allow rice to cook, turning occasionally. Serve in a platter, garnish with egg wedges and pimiento strips.

BEEF WITH RICE

1/2 lb. beef, cubed
1 can chickpeas (garbanzos)
2 cups water
1 cup rice
3 tbsps. oil
1 tsp. salt
1/2 tsp. allspice
1 tsp. Aji-No-Moto

Heat skillet and brown beef in 2 tablespoons oil. Add water and cover. Cook until meat is tender. Add chickpeas which have been drained and shelled to meat. Wash rice, add salt, allspice and Aji-No-Moto, and fry in remaining oil over low flame about 5 minutes. Combine rice with meat mixture, making sure that at least 1-1/2 cups liquid remain before rice is added. Cover. Cook over high heat for 10 minutes, then lower heat and cook for 10 minutes longer.

COOKING EGGS TO SUIT YOUR TASTE

VEGETABLE OMELET

1 cup cabbage	1 onion
1/2 cup celery	1 crab meat or shrimps
2 segments garlic	Salt and pepper to taste
2 eggs	1 tsp. Aji-No-Moto
1 small carrot	

Boil the crabs or shrimps with a little water and salt. When done, separate the meat from the shell. Flake crabs, or if shrimps are used, chop shrimp meat. Set aside. Cut the vegetables into thin strips.

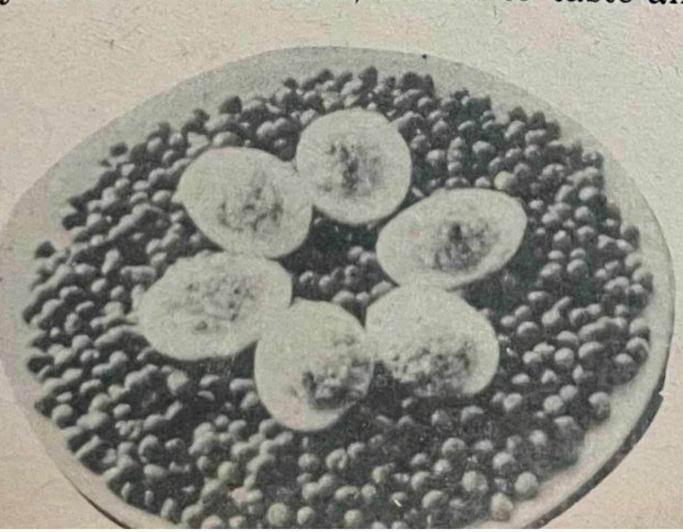
Saute garlic and onion, add crab meat and season with salt and pepper. Add all the vegetables and cook for 2 minutes. Season with Ajinomoto. Cool.

Beat eggs, spread on flat bottomed greased frying pan and heat to cool slightly. Pour vegetable mixture and roll over. Fry until golden brown. Serve hot with sweet-sour sauce.

CURRIED EGG SALAD

4 hard-cooked eggs, chopped	Mayonnaise
1/2 teaspoon curry powder	salt
Kraft Miracle Whip or	pepper

Combine chopped eggs, curry powder and enough Miracle Whip or Mayonnaise to moisten; season to taste and mix well.



DEVILISH EGGS

6 hard-cooked eggs
1 teaspoon mustard
1/2 cup Kraft Sandwich Spread
1/4 teaspoon salt
Parsley
Pimiento

Cut eggs in half. Mash yolks and blend in Sandwich Spread, mustard and salt. Refill egg whites. Garnish with parsley and pimiento. 6 servings.

TROPICAL OMELETTE

1 ripe avocado
1 large tomato, peeled, seeded and diced
3 tbsp. margarine or butter
1 cup sliced fresh mushrooms
1 tbsp. green onions, minced
Salt and pepper to taste
1 tsp. Aji-no-moto
6 eggs

Melt butter or margarine and saute the mushrooms and onions for 5 minutes. Add the tomato and cook 1 minute. Add the seasonings, then the avocado. Make two 3-egg omelets using half the filling in each or three 2-egg omelets.

CRISP MEXICAN TORTILLA

1/2 kilo ground beef
1/8 teaspoon pepper
1 cup sifted all-purpose flour
1 teaspoon salt
1/3 cup water
1-1/2 cups shredded cheese
1 teaspoon salt
1 cup chili sauce
1 cup corn meal
1 tablespoon shortening
1 egg
2 cups shredded lettuce
oil for deep-fat frying

Cook beef in skillet; add salt, chili sauce, and pepper. Cover and simmer for 5 to 10 minutes. Keep warm.

Combine and sift flour, corn meal and salt. Cut in shortening until particles are fine. Mix egg and water, then sprinkle over dry ingredients; stir with fork until dough holds together. Knead lightly on floured board and roll until thin. Cut into 6-inch circles using the mouth of a bowl or any round dish. Fry in hot deep fât until golden brown; turn and brown other side. Place in absorbent paper and quickly fill each with lettuce, ground beef and shredded cheese. Fold in half. Makes 12 tortillas.

OMELET WITH JAM

6 eggs
2 tablespoons fine sugar
1/4 teaspoon salt
1/2 pint light cream (or undiluted evaporated milk)
1 tablespoon butter or margarine
4 tablespoons jam

Beat eggs with sugar and salt. Add cream or milk. Heat large skillet slowly. Add butter and heat to foaming. Pour egg mixture into hot butter; turn heat down to cook bottom of omelet. Drop 3 tablespoons of jam across center of omelet. Fold over and cook till done. Serve with rest of jam on top.

Do not be too generous with the jam — omelet should not be too sweet. This is a fancy dessert to surprise the family with.

OMELET WITH ONION

2 tablespoons cooking oil
2 large onions, minced
6 eggs
Salt and Tabasco to taste

Heat a large covered skillet. When hot, add cooking oil. Fry onions under cover until golden brown.

In a bowl, heat the eggs. Add salt and Tabasco to taste. Pour browned onion into eggs. Mix well.

Return skillet to flame and pour contents of bowl into it. Cook bottom of omelet over low heat. Turn over and cook top over low heat.

Variation: Use fresh stalks of native celery (kinchay) instead of minced onion; also fresh stalks of native onions. Slice stalks lengthwise; brown very slightly in oil before adding to beaten eggs.

VARIOUS WAYS TO COOK PORK AND BEEF

CARI-CARING BAKA

1 leg of beef
3 banana blossoms
1 eggplant
1/2 tsp. atsuete or paminton
1 tbsp. peanut (ground)
1 tbsp. toasted rice (ground)
5 glasses water
3 cloves garlic

Cut the leg of beef in the desired length and boil in five glasses of water until tender. Remove. Saute the garlic and other ingredients. Cook for 5 minutes. Remove the broth and add the ground peanut and toasted rice to make it thick. Add the sauce and serve it with alamang bagoong.

BEEF LOAF

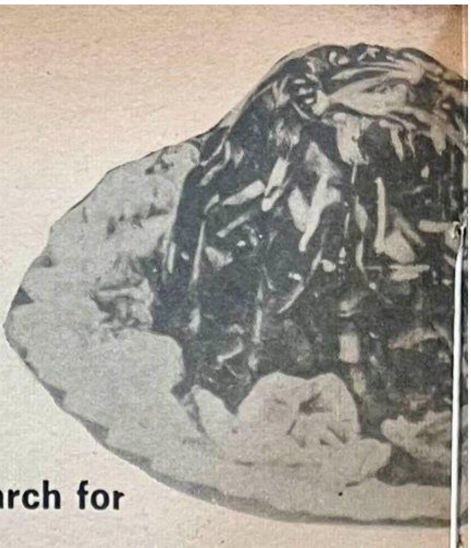
1 c. ground cooked ham
1 egg
1 c. ground carrot
1 cup bread crumbs
2 tbsp. chili sauce
1 c. milk.

Combine ingredients. Bake in loaf pan in moderate oven (350°F) about 45 minutes. Serves 6.

BEEF STEAK

1/2 kilo fresh tenderloin or sirloin steak
1/2 cup soy sauce
1 small lemon
1 onion
2 tbsps. vegetable fat
1 tbsp. sauce

Wash and slice the beef into regular sizes. Squeeze out the water in it. Soak the pieces in a mixture of soy sauce, Worcestershire sauce and lemon juice. Let it soak for half an hour. Heat the shortening, add the ring-cut onions and saute for 2 minutes. Put away half of the onions. Add the beef and the juice. Cook for 5 minutes. Remove from fire. Put the fried ring onions on top. Serve hot.



SWEET-SOUR PORK

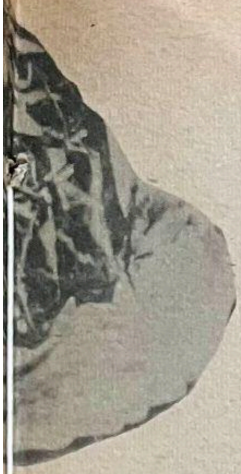
1/2 kilo pork, cubed
Salt to taste
1 tsp. rice wine
1 tbsp. cornstarch for dredging

Add salt to pork and let stand for 10 minutes. Dredge with cornstarch. Heat frying pan very well and add oil. Fry pork cubes until done; drain well and set aside.

For the sauce and garnishing:

1/4 cup vinegar
1/4 cup sugar
Salt to taste
1 tbsp. soy sauce
3 tbsps. catsup
1/2 cup water
1-1/2 tsps. cornstarch, dispersed in water
1 onion, quartered
1-inch piece ginger
2 tbsps. sweet mixed pickles
1 green pepper, cut into squares
3 stalks green onions, cut into 1-inch length
1 red pepper, cut into strips
1 ring pineapple, canned, cut into small pieces
6 rings pineapples, canned, cut into small garnishing

Saute green onion and ginger in cooking oil; add vinegar-sugar solution, soy sauce, catsup, and let boil without stirring. Add cornstarch mixture, stir well. Add pepper, pineapple crumbs and pickles. Add pork and mix quickly. Remove from fire. Place on a platter and garnish with pineapple, tomatoes and parsley.



SAVORY PORK CHOPS

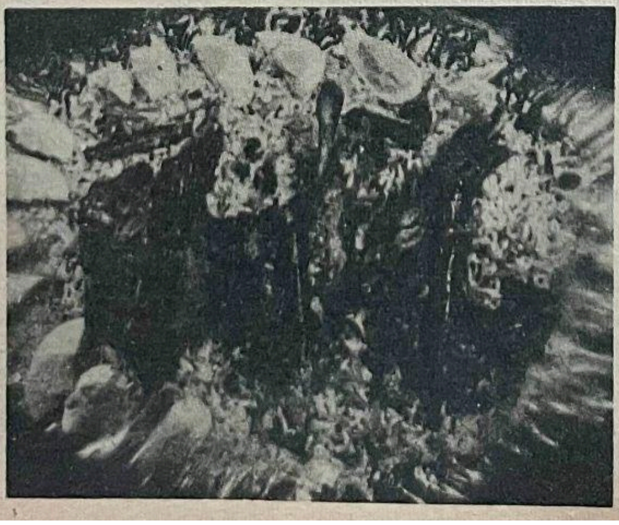
2 tbsps. butter
1 chorizo de bilbao, sliced
5 cloves garlic, crushed
1 medium onion, minced
6 pieces pork chops
3 cups water
Salt and pepper to taste
3/4 cup shredded cheddar cheese
Pineapple slices
Green beans, parsley

Melt butter in skillet. Fry chorizo; remove from fat and set aside. Saute garlic, onion and tomato. Add pork chops, water, salt and pepper. Cook until chops are tender, adding more water if necessary, leaving about 1 cup broth. Remove pork chops and arrange on a platter with pineapple slices, green beans and parsley. Drain broth until clear; mix with shredded cheese and heat until smooth. Add chorizo de bilbao and adjust seasonings. Pour sauce over chops and serve immediately.

MECHADO

1 kilo punta y pecho, cut into serving pieces
1/4 kilo pork shoulders, also cut into serving pieces
1/4 kilo "sibuyas Tagalog," cut fine
1/2 cup vinegar
2 heads medium sized garlic
Patis to taste
1/4 kilo potatoes, cut into quarters
10 pieces whole peppercorns
1 bay leaf
5 cups water
Achuete juice

Put all ingredients in a thickpot. Let simmer in a slow fire (for about 3 hours) until liquid turns into a thick sauce. Stir once in a while so mixture will not stick to the pot. One hour before taking out of the fire, add in quartered potatoes.



ROAST BEEF A LA MODE

2 tsps. salt
1/4 tsp. pepper
1/3 tsp. ginger
1/2 tsp. nutmeg
1 tsp. powdered cinnamon
1 tsp. powdered cloves
5 lbs. beef boned for potroasting
Sage Bread stuffing
Flour

Combine the salt and spices and rub into the meat. Cover closely and let stand overnight in the refrigerator. Before cooking, make a Sage Bread stuffing which may be seasoned further with a little nutmeg and clove. Stuff this into the cavity left by the bone. Then tie the meat together so it will be circular in shape. Dust with salt and pepper, then thoroughly with flour. Place in a roaster or large casserole and pour over 1 pint of boiling water. Add 1/4 cup domestic madeira wine if desired. Cover closely and roast in a moderate oven, 350° - 375°F., about 4 hours. Make a gravy from the liquid in the roasting pan, first skimming off the fat.

PORK HOLLANDAISE

1 kilo boiled pork
1 cup tomato sauce
2 cups cooked white beans
1 cup water
1 tbsp. sugar
1 cup cream of chicken soup

Soak beans overnight in water. Simmer in water until tender. Drain. Heat oil in a heavy skillet, add tomato sauce, water, and sugar. Then add the rest of the ingredients and simmer for 15 minutes. Serve immediately. Good for a family of six.

BEEF MANILEÑA

1/2 kilo beef
1/2 kilo pork
2 medium sized carrots
2 medium sized potatoes
1 onion sliced
1 can tomato sauce
1 cup water
1 tsp. refined sugar
1 tsp. white wine
1 bay leaf
Salt to taste

Cut the pork, beef, and vegetables into strips. Saute onion in lard until golden yellow. Then add tomato sauce and water. Add pork, beef, bay leaf and wine. Cover and simmer until beef is almost done, then add potatoes, carrots and sugar. Continue cooking until beef and vegetables are done. Season to taste. Decorate with orange slices for added accent. Serve hot.

MENUDONG GOTO

1/2 kilo tripe (goto)
2 tbsps. cooking oil
2 cloves garlic, crushed
1 onion, chopped
1 chorizo de Bilbao, sliced
1 cup tomato sauce
1 pc. red or green pepper
1 cup cooked garbanzos
2 cups broth
2 potatoes, cubed and fried
Salt to taste
1 tsp. vetsin

Clean and boil tripe in salt and water until tender. Cut into small pieces and set aside. Fry the garlic and onions in hot oil. Add the chorizo de Bilbao and pour in tomato sauce. Drop in tripe, pepper, garbanzos and potatoes. Simmer until sauce is of desired consistency. Just before removing from the fire, season with salt and vetsin.

PORK ASADO

3/4 cup hot stock or water
1/2 cup soy sauce
1/3 cup brown sugar
2 tbsps. white wine
1/2 tsp. salt
1/2 tsp. vetsin
2 cloves garlic, crushed
1 k. pork pigue, whole

In a 2-quart saucepan, combine first 7 ingredients. Put in pork. Cover pan, then bring to a boil. Lower heat and simmer until meat is tender. Slice meat. Serve hot with sauce.

STUFFED LECHON

1 small pig
1/4 ganta (malagkit) rice
internal organs of the pig
  (heart) lungs, kidney,
  pancreas
2 coconuts
3 onions
a piece of yellow ginger
3 segments garlic
salt and pepper

Clean the pig and remove the ribs by making an insertion on the spinal cord. Let the ribs pass through the hole where the intestinal organs were extracted. Leave the spinal column in its place to preserve the shape of the pig. Clean the pig again and dry.

Wash the heart, lungs, kidney and pancreas of the pig and cut into very small pieces. Saute the garlic and onions and add the organs. When half-cooked add the coconut milk, the yellow ginger and the rice. Season with salt and pepper. Cover and cook over slow fire until the rice is done. Stuff the lechon with this cooked filling. Sew the incision on the pig and broil.

LIVER SAUTE

The doctor says we must have liver at least once a week. Whenever we make adobo, we add to the pork a piece of liver which we mash and serve as sauce. But this is the usual way to cook liver:

Have the butcher slice the liver as thinly as he can—1/2 inch or less. Upon reaching home, sprinkle with salt and dredge each piece with flour. Saute in lard (more delicious if sauteed with bacon slices) for about 5 minutes or until no reddish juice comes out when liver is pricked with a fork. Do not overcook liver as it becomes tough, unless cooked for a long time again.

RELISH AND OTHER APPETIZERS

ENSALADA DE PASIG

Calamias	**Tomatoes**
River shrimps (ulohan), boiled	**Seasonings**

Wash calamias and slice crosswise very thinly. Chop some tomatoes and combine with calamias in a bowl. Add the shrimps, boiled with salt but unpeeled. Season with vinegar, salt and a little sugar and pepper to taste.

Instead of the small river shrimps with large heads, alamang, even hibe (dried shrimps) may be used. When hibe is used, it should be soaked in cold water, washed thoroughly then pounded until soft. Those who are particular, blanch the hibe in boiling water.

SAVORY TOMATOES

1/2 cup diced bacon or salted pork	**4 cups tomatoes, sliced**
1 cup onion, sliced	**1 tablespoon cornstarch**

Cook bacon slightly; add onion and cook until soft and lightly browned. Add the tomatoes and simmer for about 10 minutes. Stir in the cornstarch dissolved in a little cold water and cook until thickened, stirring occasionally.

STRING BEANS SALAD

Mix cooked string beans with a little diced crisp bacon and some chopped pickles. Marinate in French Dressing. Drain. Serve in lettuce cups with bottled salad dressing and garnish with chopped hard-cooked eggs, peeled shrimps, or meat cubes.

PICKLED CUCUMBER

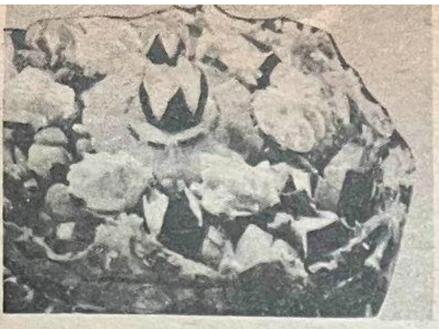
1 piece cucumber
1 tablespoon vinegar
1 tablespoon soy sauce
2 tablespoons sugar
Salt
Vetsin
Sesame oil

Cut cucumber lengthwise. Steep in salt, vinegar, soy sauce, vetsin, sugar, and sesame oil. Let stand for an hour before serving.

PICKLED PECHAY

1/3 kilo Baguio pechay
2 tablespoons rock salt
2 pieces chili pepper (sili)
1/3 cup vinegar
1/3 cup sugar
Strips of ginger
Strips of red pepper
2 tablespoon cooking oil
Vetsin
Dash of sesame oil

Soak pechay in tap water. Drain. Cut off stems. Steep in rock salt, pressing leaves and salt together with base of a cup or saucer. Let stand overnight; or two to three hours, if in a hurry. When ready to prepare, rinse off all salt. Add slivers of ginger and red pepper to pechay. Crush sili into three tablespoons cooking oil then heat. Add vinegar and sugar. Stir till sugar melts. Pour mixture over pechay. Let stand for three hours. Slice pickled pechay into thin strips. Sprinkle vetsin and sesame oil before serving.



EGGPLANT RELISH

2 large eggplants
4 tbps. flaked coconut
3 tbsps. thick coconut cream
1/3 cup finely chopped spring onions
1/4 cup finely chopped green pepper
1-1/2 tsps. salt
1/2 siling labuyo (not native pepper)
1/8 tsp. powdered mustard
2 tbsp. vinegar (if possible coconut palm vinegar)

Broil eggplant — cool and peel. Combine coconut flakes with coconut cream. Chop together eggplants, onions, green pepper and *undrained* coconut. Add salt, chili peppers, mustard, vinegar, chop until very fine. Serve cold — this should make about 3 cups — serve inside halve coconut shell with the coconut meat on.

SHRIMP MOUND

1 kilo cooked shrimp
2 tsps. refined sugar
1 tsp. pepper sauce
1 cup catsup
2 cups diced pickles

Marinate shrimp in catsup, peppery sauce and sugar; and drain. Pierce shrimps and pickles with colorful cocktail picks and plant around the body of fresh pineapple.

VEGETABLE RELISH MOLD

1 envelope unflavored gelatin
1/2 cup cold water
1 cup boiling water
2 tablespoons sugar
1/2 teaspoon salt
1/2 cup lemon juice
1 cup diced cucumber
1/2 cup sliced radishes
1/4 cup mixed pickles, chopped

Soak gelatin in cold water 5 minutes; add boiling water, stir until gelatin is dissolved. Add sugar, salt and lemon juice. Add prunes, cucumber, radishes, and pickles. Mix well. Pour into molds; chill until set. Unmold.

PANCIT AND MACARONI

PANSIT

1 onion, thinly sliced
4 cloves of garlic, minced or mashed
2 tablespoons of salad oil
1 cup each: sliced cooked chicken; boiled ham
1 cup cooked small shrimp
4 tablesoons soy sauce
1 cup chinese cabbage, coarsely shredded
1 cup well seasoned chicken stock
1/2 pound vermicelli
Salt and pepper
Calamansi

Saute the onion and garlic in a large frying pan with the salad oil. Cook them until crisp but tender, remove from pan. Fry the chicken, ham and shrimp until lightly browned. Remove some of each to save for garnish. Put the onions and garlic back in the pan along with the soy sauce: mix well and simmer for 2 minutes. Add the cabbage and the chicken stock and cook 2 minutes more, then remove the pan from the heat.

Using a separate pan, cook the Royal Vermicelli until tender, drain well then mix lightly with the hot cabbage mixture. Taste, add additional salt and pepper to taste. Serve with the chicken, shrimp and ham you had reserved earlier and sprinkle with calamansi juice to taste. Serves 6.

LUMPIA SARIWA WITH UBOD

1 coconut ubod
1/4 k. shrimps
1/2 k. pork
1/2 cup shrimps juice
Carrots, green beans cut into thin strips
Salt to taste

Boil the pork until tender. Extract the shrimp juice from the shrimp shells. Cut the coconut heart (ubod) into strips. Sauté the shrimp and pork, then add the shrimp juice. Add the coconut heart. Simmer over low heat until ubod is tender. Add other vegetables, salt and cook a minute longer. Cool. Roll in lumpia wrapper and lettuce.

LUMPIA SAUCE

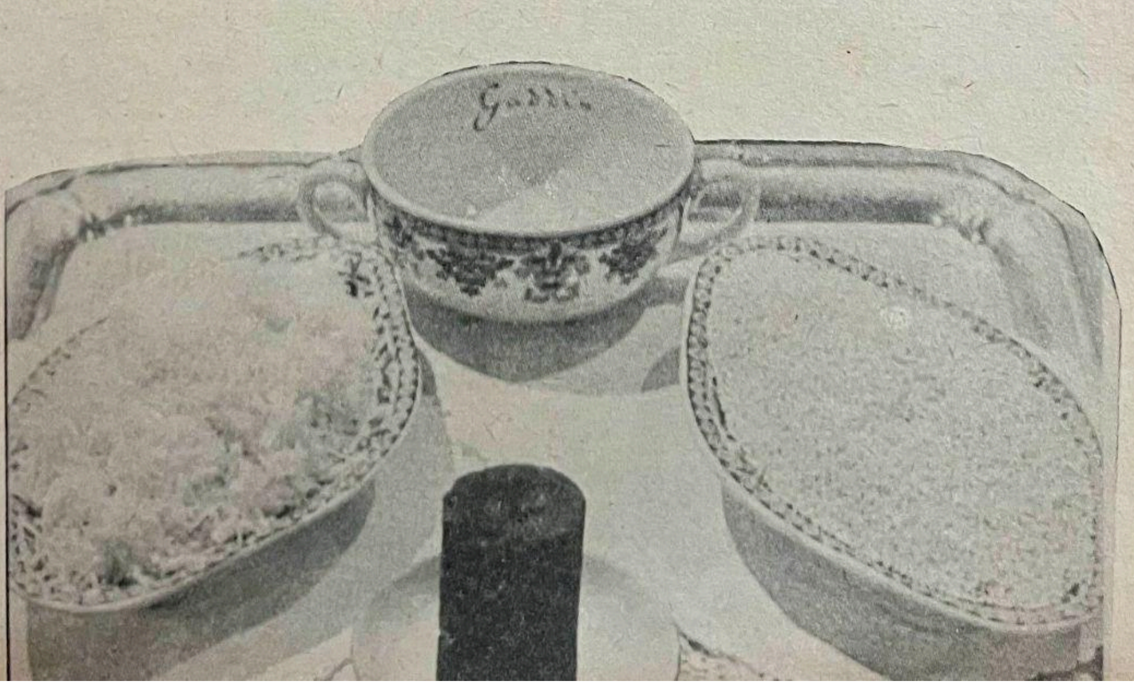
4 tbsps. cornstarch
1/3 cup brown sugar
1/2 cup toyo sauce
1-1/2 cups water

Fry segments of macerated garlic until brown. Into the heated fat, pour the sauce batter slowly, stirring constantly until mixture thickens. Top with fried garlic.

PANCIT BIJON GUISADO

1/2 kilo bijon, soaked in water; drained
1/4 kilo shrimps, boiled and peeled
1/4 kilo pork, boiled and diced (save stock)
1/4 kilo liver, boiled and diced
15 pieces fish balls
1 piece kekiam, cut horizontally
1 piece celery, cut into 1-inch length
Few pieces cooked ham
1 cup shredded cabbage
3 pieces peeled carrots, cut thinly across
2 onion, quartered
Soy sauce, vetsin to taste
Calamansi
20 pieces sicharo (green peas)

Saute onions, add diced pork, fish balls and kekiam. Add soy sauce, chicken stock a little at a time. Add carrots, cabbage, celery, onions, liver, shrimps. When vegetables are cooked, remove half of the mixture for garnishing. Lastly add bijon and more soy sauce if needed. Season with salt and vetsin. Place on a serving platter and top with garnishing. Serve with calamansi and soy sauce.



EGG NOODLES WITH CHICKEN LIVER

3/4 lb. egg noodles
3/4 lb. chicken liver
4 tbsps. salad oil
1/2 cup grated cheese
1 large can tomatoes
1 cup cooked or canned peas
1 clove garlic, chopped
Salt and pepper to taste

Chop liver; brown in hot oil. Add garlic, salt, pepper and tomatoes. Cover and simmer slowly for 40 minutes. Add peas, simmer for 20 minutes longer.

Cook noodles in rapidly boiling salted water as directed. When tender, drain; arrange on heated platter and pour hot sauce over them. Sprinkle with grated cheese. Serve hot. Serves 4.

PANCIT MOLO

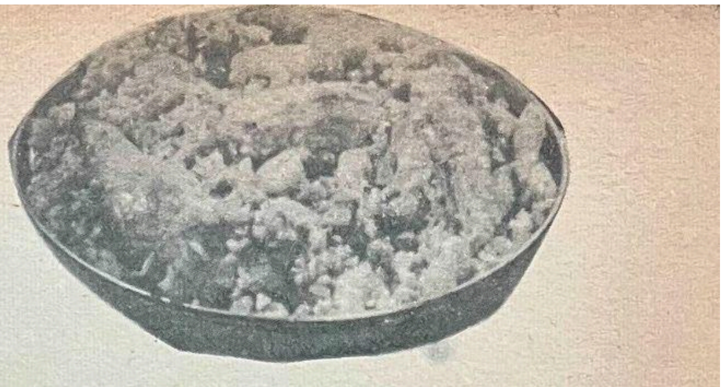
50 to 75 pancit wrappers (can be bought ready-made)
2 tablets chicken bouillon
1/2 kilo ground pork
1/2 kilo shrimps ("swahi")
2 cloves garlic, crushed
2 tablespoons chopped onion
1/2 teaspoon salt
1/4 teaspoon pepper
1 slightly beaten egg
1/2 cup finely cut cooked ham
chopped green onion

Prepare chicken broth by boiling 4-1/2 cups water and 2 tablets of chicken bouillon.

Mix together ground pork, chopped onion, salt, pepper, and slightly beaten egg.

Fill each wrapper with a little of the above filling and seal well. Drop in the boiling Maggi Clear Chicken Bouillon. Allow rapid boiling, then add 1 cup cold water. Repeat. (The reboiling ensures thorough cooking of the pork).

Add 1/2 cup cooked ham and chopped green onions. Correct seasoning. Serve hot.



SPAGHETTI RING WITH MEAT BALLS

1/2 c. ground beef
1/2 c. ground pork
1/4 c. & 2 tbsp. evaporated milk
1/4 c. bread crumbs
1 tbsp. onion, minced
1/2 tsp. salt
1/8 tsp. pepper
1 egg, unbeaten
1-1/2 tbsp. all purpose flour
1/4 c. cooking oil
3/4 condensed tomato soup
1/4 c. & 2 tbsp. water
1/6 oz. pkg. egg noodles

Mix beef, pork, milk, bread crumbs, onion, salt, pepper and egg. Shape mixture into 16 balls. Roll balls in all purpose flour and brown in hot cooking oil. Add condensed tomato soup and water and continue cooking over hot heat for about 20 minutes. Cook egg noodles as directed on package. Drain and shape into ring on a platter. Arrange meat balls around edge. Add remaining milk to sauce in pan and heat to boiling. Serve in center of noodles. Garnish with parsley.

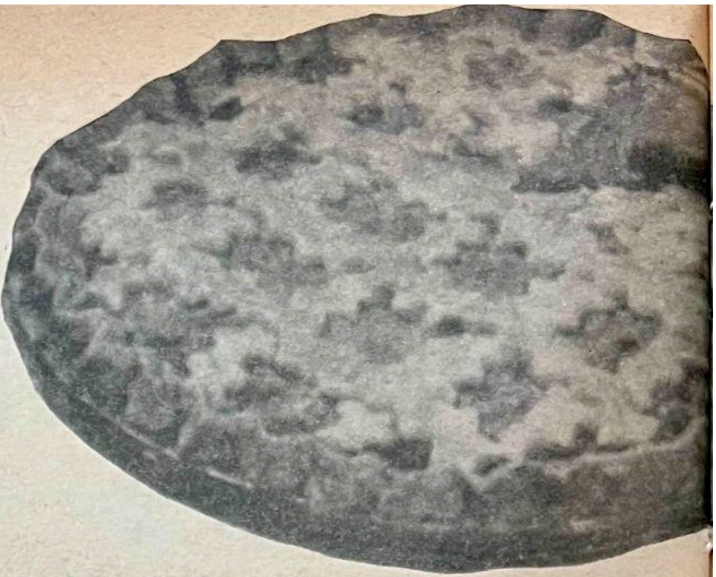
MACARONI AND CHEESE

4 cups cooked macaroni
2 tbsps. butter, cut in piece
1-1/4 cup cubed sharp cheese
1/2 tsp. salt
1/4 tsp. pepper
2 eggs, beaten
3 cups milk

Heat oven to 350°. Combine macaroni, butter, cheese and seasoning. Place in greased 1-1/2 qt. baking dish. Combine eggs and milk; pour over macaroni. Sprinkle with paprika or buttered crumbs. Bake 40-50 minutes. Serves 6.

Tomato Macaroni: Substitute 2 cups canned tomato for 2 cups of the milk in macaroni and cheese. Add with cheese.

Meaty Macaroni: To macaroni and cheese, add about 1 cup canned luncheon meat, diced, or 1/4 pound ready-to-eat sausage, diced, along with cheese.



MACARONI WITH HAM

1/2 pound macaroni
Salt
2 cups white sauce
2 teaspoons dry mustard
1 cup diced cooked ham (or more)
1 cup grated sharp cheese

Boil macaroni in boiling, salted water according to directions on package. Drain and transfer to buttered casserole. Mix together white sauce, mustard, ham and grated cheese. Pour mixture on the macaroni. Sprinkle with additional grated cheese and paprika. Bake in 350° oven 20 minutes or until browned. Serves 4.

SERVE SHRIMPS, FISH AND TULYA

BOLA-BOLANG BANGUS

1 regular-sized bangus
1 small onion
2 tablespoons lard
2 cups water
1 bunch each of kintsay and green pepper
3 tablespoons cornstarch
1 tablespoon salt

Bone the bangus. Separate the meat and chop. Put a little cornstarch and salt and make into balls. Put lard in pan; and onions and water. When the water boils, drop the balls and boil for a few minutes. Then add chopped kintsay and salt to taste.

SWEET-SOUR LAPU-LAPU

1 kilo fish
1/2 cup finely sliced cucumber
1/2 ounce pickled onions
1/4 cup onions
2 tbsps. sliced ginger
1/3 cup sliced lemon peel
2 cloves garlic
1 cup vinegar
1/2 cup sugar
1 tbsp. cornstarch
Celery
Aji-no-moto

To prepare the sweet-sour sauce, place the crushed garlic in a hot oiled pan with a little salt, and cook 2 or 3 seconds. Remove from fire and add vinegar, sugar, a few drops of soy sauce, a little cornstarch moistened with water and pepper. Boil again for a few minutes.

Clean the fish and fry. Drain and put on a dish. Slice the ginger and onions, 1-1/2 inches long. Heat the sweet-sour sauce and when boiling, add the cucumber, onions, ginger, and lemon peel and cook for 5 minutes. Season with Aji-no-moto. Pour the sauce over the fish. Garnish with celery. Serve hot.

FISH CROQUETTES

2 cups flaked fish (tanguigue)	**1 egg**
1 cup bread crumbs	**Salt and pepper**

Combine all ingredients. Shape into croquettes. Dip in egg and crumbs and fry in deep hot fat until browned.

STUFFED BANGUS

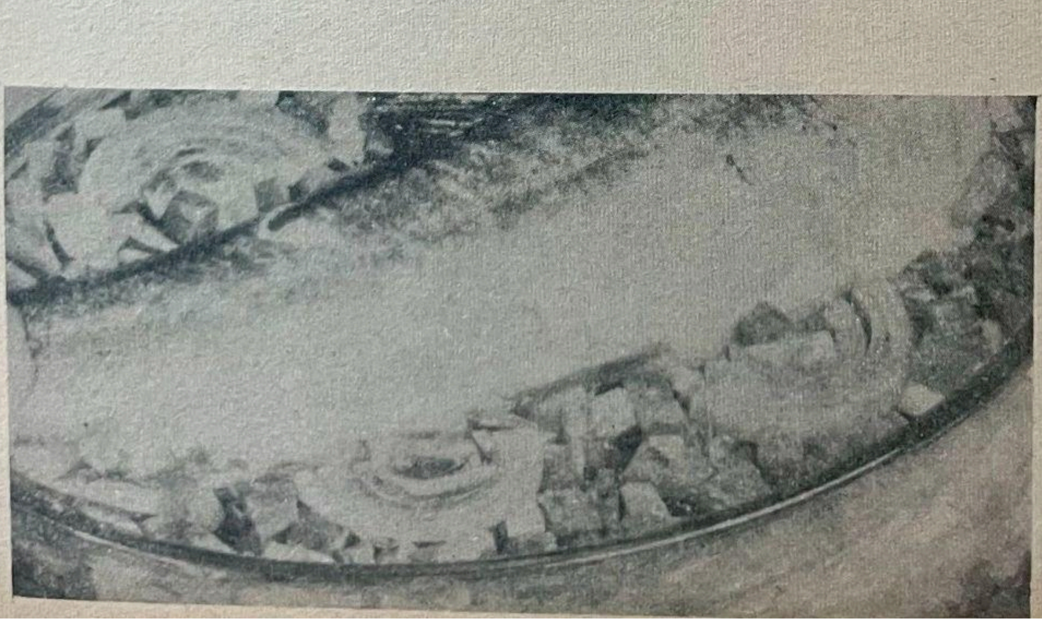
1 bangus	**2 heads garlic**
3 finely chopped tomatoes	**1 teaspoon salt**
1 small potato, cubed and fried	**1 small can peas**
2 eggs	**1 small box raisins**

Clean the fish, being careful not to cut the skin. Roll fish on table, pressing on it to soften the meat. Cut through the back and remove backbone. Scrape the meat with a spoon or knife. Soak skin in a mixture of soy sauce and calamansi juice. Set aside.

Boil bangus meat in salt and water for three minutes. When cooked, flake meat and remove all fine bones.

Saute garlic, onions, and tomatoes. Add flaked fish and seasoning and cover. Remove from the fire. Add one tablespoon butter or margarine, raisins, potatoes, and the beaten eggs. Mix thoroughly.

Stuff the fish skin with this mixture and sew the opening. Rub the outside with flour and fry in deep hot fat.



ROYAL LAPU-LAPU

2 apahap or lapu-lapu
2 onions, cut into fine rings
2 tbsps. olive oil
1/4 cup water
2 cloves garlic, crushed
1 small onion, minced
1 cup tomato sauce
1 cup Mayonnaise

Clean fish. Season with salt and pepper. Put in a baking dish, several slices of onion rings, put the fish on it, then put some more slices of onion rings on top of the fish. Add the olive oil and the water. Put in oven for 20 minutes.

In the meantime, saute the garlic and the onions, add the tomato sauce and simmer over a low fire for about 15 minutes. Remove the fish from oven, add the tomato sauce, and put back in oven for another 20 minutes. Remove again from oven, cover top of fish with Mayonnaise and put back in oven for 5-10 minutes.

MAYONNAISE

1 tsp. salt
1/2 tsp. mustard
1/2 tsp. paprika
1 egg yolk
1 tbsp. vinegar
1 cup cooking oil
1 tbsp. calamansi
1 tbsp. hot water

Mix dry ingredients, add egg yolks and blend. Add vinegar, mix well. Add cooking oil, 1 tsp. at a time, beating with rotary beater till 1/4 cup has been added.

Add remaining oil in increasing amounts, alternating last 1/4 cup with calamansi juice. Beat in hot water, this takes away oil appearance. Makes 1 cup.

FISH LUMPIA

2 medium-sized bangus
1 small onion
1 small box raisins
Lard for frying
3 small tomatoes
1 tsp. mashed garlic
25 big lumpia wrappers
Salt and pepper to taste

Clean the **fish** and parboil. Remove the flesh from bones and set aside. Slice tomatoes in small pieces, and the onion lengthwise. Saute garlic, onion and tomatoes. Add flaked bangus and raisins. Season with salt and pepper. Set aside and cool a little.

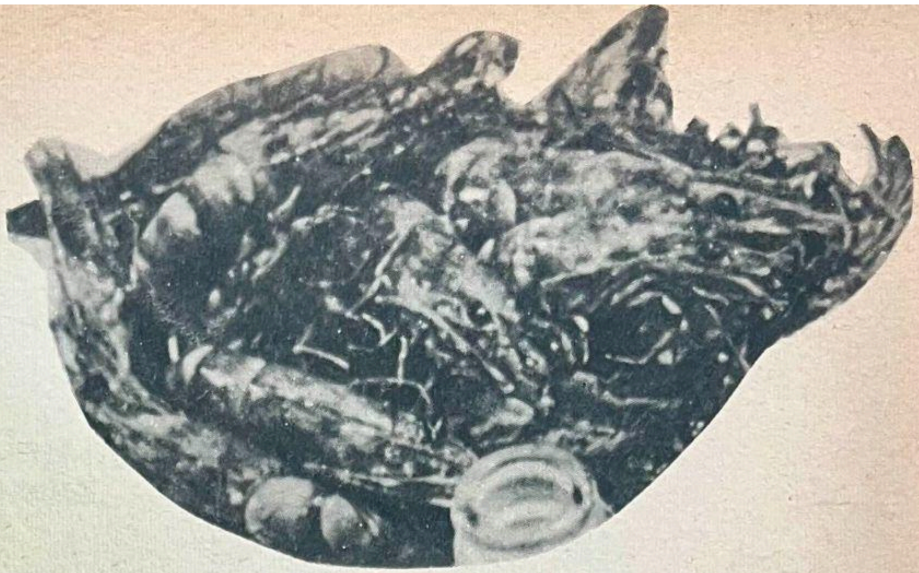
Put a tablespoon of the fish filling in each lumpia wrapper and fry in deep hot fat till golden brown. Drain in absorbent paper. Serve hot with sweet sour sauce, or vinegar with mashed garlic.

STUFFED SQUIDS

6 medium size fresh squids
1/2 kilo diced shrimps
1 cup diced celery
1/4 cup onion, sliced
1/4 cup tomatoes, sliced
1 teaspoon refined sugar
1/2 teaspoon Worchestershire sauce
1/2 teaspoon vinegar
1 clove garlic
salt to taste

Clean the squids. Remove tentacles to separate the stomach. Cook the squids in vinegar, salt and small amount of water. Let it boil for a few minutes.

Saute garlic in 4 teaspoon oil. Add onions, tomatoes and shrimps. Cook for 5 minutes. Add the celery, potatoes and sugar. Add seasonings. Stuff the squid with this cooked mixture. Sew the opening or insert toothpick. Place squids on broiler pan. Brush with oil. Broil slowly until squids turn light brown. Served on a bed of parsley.



SHRIMP RELLENADO

- 12 big shrimps
- 3/4 cup ground pork
- 1 tablespoon chopped green onion
- 12 lumpia wrappers
- Salt and pepper to taste

Clean and shell shrimps, but leave tail intact. Slice back of shrimps and fill with 1 tablespoon ground pork and chopped onion. Season with salt and pepper. Wrap in lumpia wrapper. Fry in deep hot fat. Garnish with fresh tomato slices.

SUAM

- 6 large shrimps (or 12 small shrimps)
- 1 tablespoon lard
- 2 cloves garlic, crushed
- 1 small onion, sliced
- 1 piece ginger, 1/2-inch cube, sliced thin
- 4 cups rice water
- 1 cup malunggay leaves
- Patis to taste

Wash shrimp and trim heads, but leave shelled and whole. Saute garlic; add ginger and onion. Add shrimp and rice water.

SHRIMPS WITH VEGETABLES

- 1/2 kilo shrimps
- 1 singkamas, sliced
- 1 medium sized carrot, diced
- 1/2 kilo chicharo
- 1 stem celery, diced
- 2 tbsps. soy sauce
- 2 tbsps. refined sugar
- Salt, peper, vetsin

Saute shrimps until reddish. Add carrots, singkamas, and celery. Add 1/2 cup water and seasonings. Let simmer. Then add chicharo. Serve hot.

ELITE COCKTAIL PRAWNS

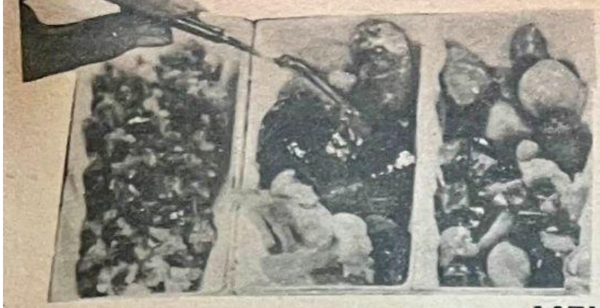
1/2 cup tomato sauce
1 teaspoon refined sugar
1/4 teaspoon chili sauce
1/4 teaspoon Worcestershire sauce
Pinch cayenne pepper
1 dessertspoon lemon juice
1/4 teaspoon salt
1 teaspoon chopped onion
1 teaspoon chopped celery
2 dozen large cooked prawns
Lemon wedges

Combine sauces, lemon juice, salt, sugar, pepper, and vegetables. Spoon one tablespoon of the dressing into each of the individual glass dishes. Arrange six prawns around each serving and garnish with lemon wedges.

LOBSTER CORAL BAY

3 large lobster tails
1/4 c. brandy
1 cup Hollandaise sauce
1 cup sour cream
1/2 lb. cooked spinach leaves
1/2 tin green peas
2 pcs. cooked carrots
1 soup spoon Parmesan cheese
salt
1/2 bay leaf

Cut the raw lobster in large pieces, fry slowly in butter and flambe them in brandy. Add a few pinches of flour, sour cream and the cut vegetables; cook for 10 minutes, remove from heat and add the Hollandaise sauce. Sprinkle the parmesan cheese on top and bake in oven. Serve with rice.



SALADS

MELON-MANGO FROLICS

1 cup diced ripe mangoes	1 medium-sized melon
2 cups diced cantaloupes	2 oz. grated cheese
2 cups marschino cherries	1 can condensed milk

Cook the condensed milk and cheese in double boiler. When thick, remove from fire and cool.

Cut the melon into shape of a basket. To do this, leave strip along the top as a handle, and cut away the pulp. Scoop out the melon meat and dice neatly. Mix drained, diced fruits with most of condensed milk-cheese mixture, then put into melon basket and serve: chilled.

MELON SALAD TROPICAL

- **2 cups drained crushed pineapple**
- **2 cups thin half slices of peeled cucumber**
- **2 cups melon balls**
- **2 tablespoons sugar or to taste**
- **Kraft Miracle Whip or Mayonnaise**
- **2 tablespoons chopped peanuts**
- **Lettuce leaves**

Combine **crushed** pineapple, cucumber slices, melon balls and sugar in a bowl; toss with enough Kraft Miracle Whip or Mayonnaise to moisten. Chill.

When serving, place salad in a lettuce-lined bowl; sprinkle with **chopped** peanuts and top with more dressing.

6 to 8 servings.

SAGO SUNDAE

8 cups sago	1/2 cup refined sugar
2 cans diced pineapple	1 can thick cream
1/2 cup raisins	1 can condensed milk
3/4 cup chopped casuy nuts	

Mix pineapple and sago. Drain thoroughly. Add rest of ingredients and sugar. Chill for one hour, before serving.

FROZEN FRUIT SALAD

- **5 teaspoons (3 oz.) Royal Lemon Gelatin**
- **1 cup boiling water**
- **1 can (1 pound, 14 ounces) fruit cocktail, drained**
- **1/3 cup mayonnaise**
- **1/2 cup heavy cream, whipped**
- **1 cup cold milk**

Dissolve lemon gelatin in boiling water. Stir in salt. Blend milk and mayonnaise together and stir into gelatin. Chill until slightly thickened. Fold in whipped cream and fruit. Pour into a 9 x 5 x 3-inch loaf pan and freeze until firm. To unmold, run a warm spatula around edges and invert over serving platter. Slice and serve on salad greens.

HAM AND POTATO SALAD

- **4 cups diced cooked potatoes**
- **2 cups diced cooked ham**
- **1 teaspoon salt**
- **Kraft Miracle Whip (approximately 1/2 cup)**
- **1/2 cup cooked peas**
- **1/2 cup chopped spring onions**
- **1/4 cup pickle relish**
- **1/4 teaspoon pepper**
- **Lettuce leaves**

Combine the diced potatoes, ham, peas, spring onions, and pickle relish. Sprinkle with salt and pepper and add sufficient Kraft Miracle Whip to moisten. Chill. Serve in a lettuce-lined bowl. 4 - 6 servings.

GELATIN FRUITS SALAD

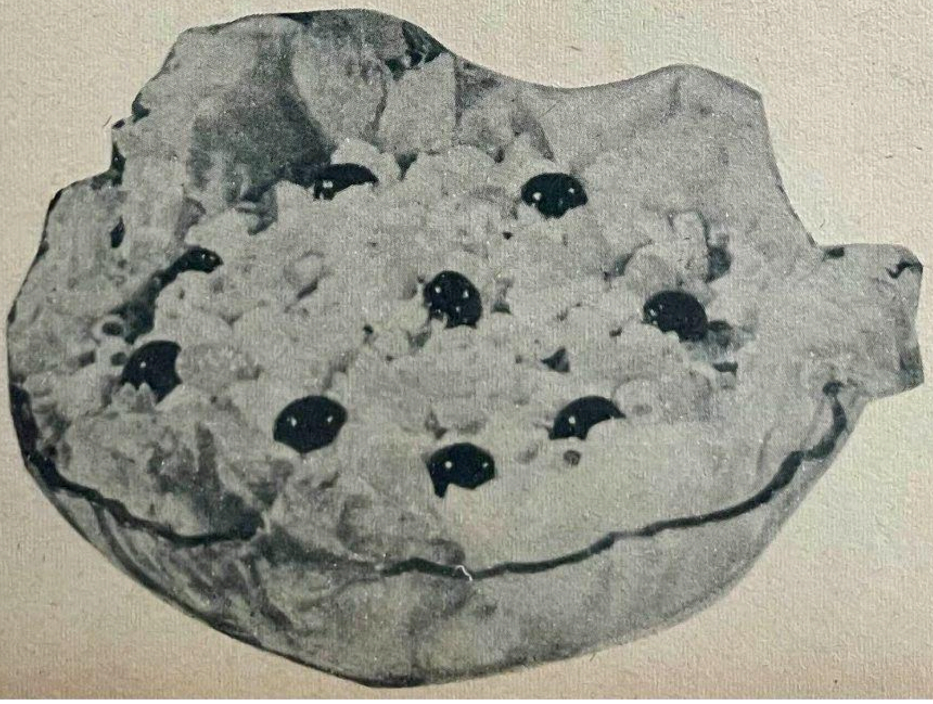
1 package prepared gelatin: lemon, orange raspberry or other fruit flavor
1 c. boiling water
1 c. cold water or fruit juice
Few grains salt
1 c. fruit, fresh or canned, cut into medium-size pieces — grapes, pineapple, cherries, bananas, oranges, etc.
One kind of fruit or a combination of several may be used.

Put the gelatin in a bowl. Pour hot water on it, stirring until dissolved. Add cold water or fruit juice and salt. Mix thoroughly. Pour into a mold and set in a cold place to chill. If time is limited, setting the model in a pan of cracked ice will hasten the thickening process. When the liquid begins to thicken, add fruit to the gelatin. Continue chilling until the mixture is firm.

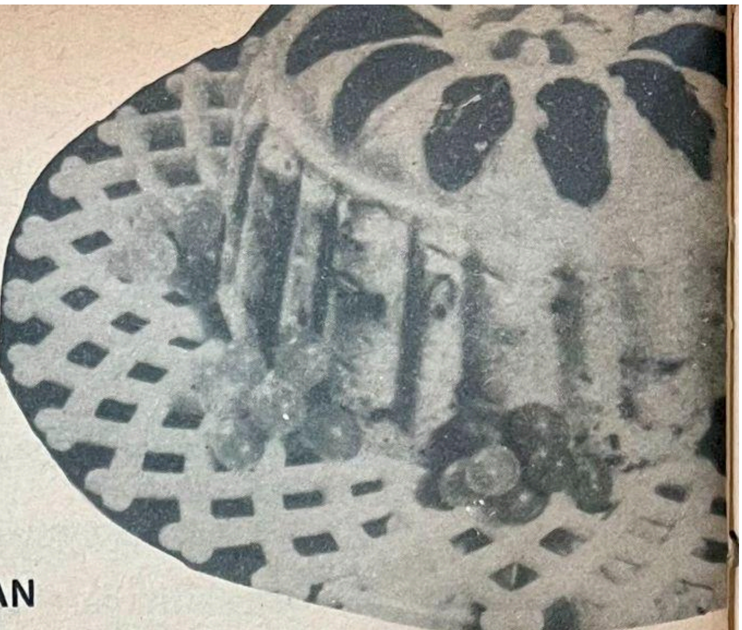
AMBROSIA

1 doz. large sweet oranges
1/2 c. sugar to taste
1 c. grated fresh coconut
1/2 c. grated canned pineapple

Section the oranges. Save all the orange juice. Cut each orange section in two or three pieces. Mix orange, pineapple, and three-fourths of the coconut. Add sugar to taste. Let stand in the refrigerator for several hours. Serve in low sherbet cups, sprinkling remainder of coconut on top of each serving. May be served with fruit cake.



COOKIES, SANDWICHES AND SWEETS



LECHE FLAN

2 cups evaporated milk
8 egg yolks
1 tsp. lemon rind or vanilla
1 cup sugar
1/2 cup caramel syrup

Scald the milk in double-boiler for 15 minutes. Beat egg yolks. Add the sugar, milk and flavoring. Pour into 1 quart mold. If desired, line mold with caramel syrup before pouring in custard mixture for steaming or baking.

CARAMEL SYRUP

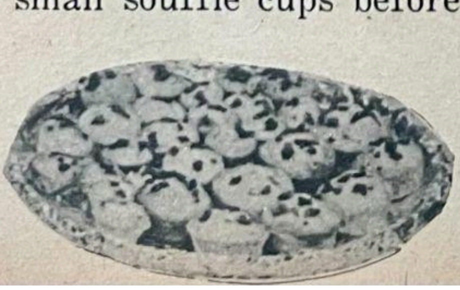
1 cup sugar
1/2 cup hot water

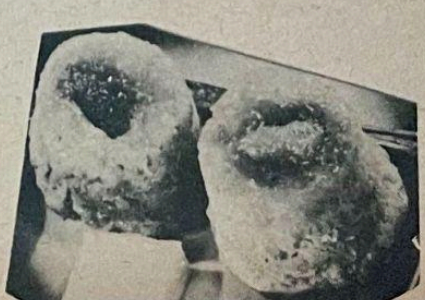
Melt sugar in heavy metal container. As soon as sugar is light brown, add one half cup hot water to dissolve caramelized sugar and form syrup. May be stored in covered bottle.

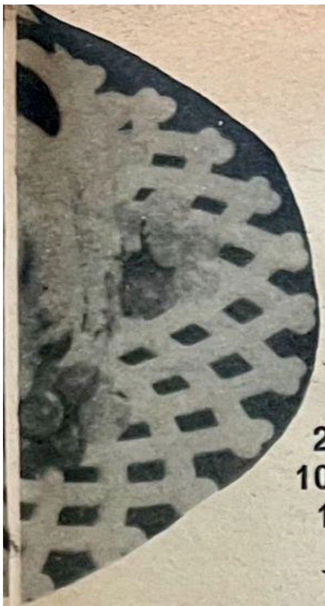
TOCINO DEL CIELO

25 yolks
4 cups sugar
3 cups water

Boil sugar and water until syrup forms a soft ball when dropped in water. Beat the egg yolks, add the syrup after cooling it, blend well and strain. Line a pan or small molds with thick caramel syrup, fill three-fourths with egg-sugar mixture and steam until it is thick and set. Cool before unmolding. The tocino is often baked in small individual molds, then placed in small souffle cups before serving.







MAJA BLANCA

2 cups rice
10 cups fresh milk
1 cup refined sugar
1 teaspoon toasted anis
3 coconuts

Wash rice and soak in 2 cups water overnight. Grind and strain through a coarse cheesecloth.

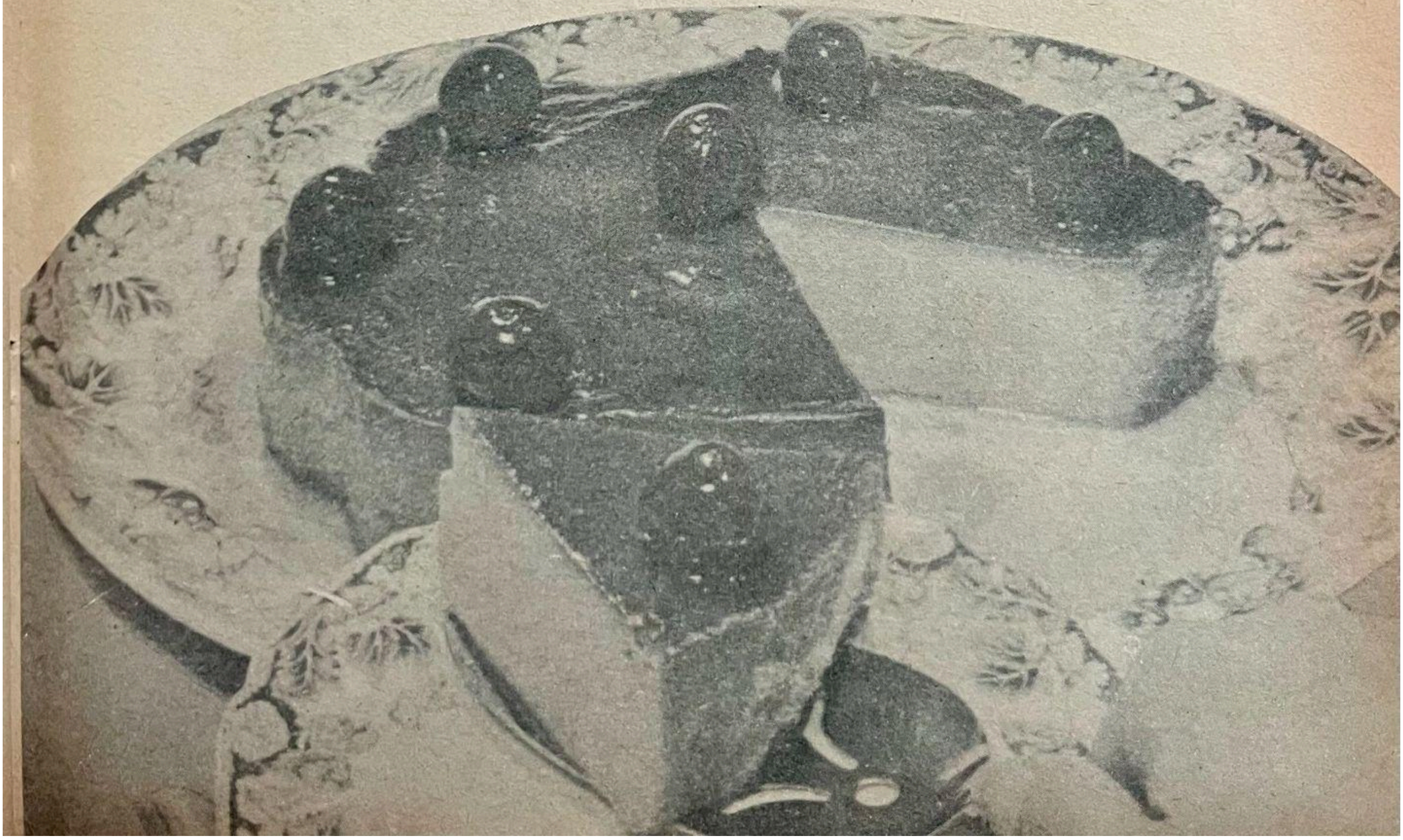
Combine ground rice (galapong) with sugar stirring constantly, adding fresh coconut oil, little by little, to avoid burning.

When thick as paste, add anis, and mix well. Pour into a coconut oil-greased platter or on small individual plates. When cooked, sprinkle "latik" on top.

TO MAKE LATIK

Grate 3 coconuts; then extract milk, about 5 cups.

Boil coconut milk until oil is extracted and the cheeselike precipitate becomes delicate brown in color. Drain off oil and use it in cooking maja blanca and for greasing plates or mold.



SAPIN-SAPIN

5 cups rice flour
3 cups refined sugar
2 coconuts
1/2 kilo ubi
1/4 teaspoon powdered anis
red food coloring

Soak rice flour in 1-1/2 cups water. Set aside.

Pare ubi, then boil, mash, and strain. Set aside.

Grate coconuts, then extract milk with hot water, making 5 cups.

Prepare mixture for a top layer: mix 1-1/2 cups coconut milk, 1/2 cup soaked rice flour, and 2/3 cup sugar.

Combine remaining rice flour with remaining milk, sugar, and anis, stir well. **Divide** this mixture into two parts.

Mix one part of rice mixture with ubi for the middle layer; the other part with red food coloring.

Put water in a carajay and a bamboo steamer on top. Let the water boil. Then line the bamboo steamer with thick muslin and pour on it the pink mixture for the bottom layer.

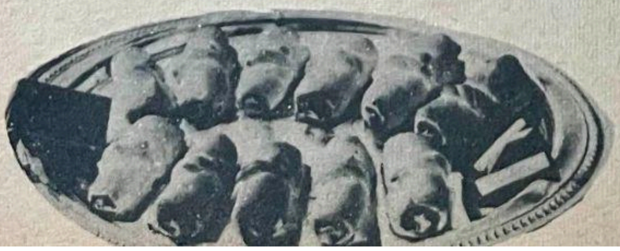
Cover carajay and steam bottom mixture until slightly firm; then pour over the ubi mixture and steam again.

Remove from steamer; cool; and slice into 1/2 inch wedges.

CAMOTE PIE

1 kilo orange-flesh sweet potatoes
1 cup brown sugar (well-packed)
1/2 teaspoon salt
1-1/4 teaspoons cinnamon
1 teaspoon powdered ginger
1/2 teaspoon nutmeg
4 slightly beaten eggs
1-1/2 cups evaporated milk
1/2 cup water
2 unbaked pie crusts

Wash and cook sweet potatoes until cooked through. Cool. Peel and mash well. Put through a potato ricer or coarse sieve to remove all lumps. Combine sweet potatoes with sugar, salt and spices. Blend in the eggs, milk and water. Pour into unbaked crusts and bake at 400° for about 50 minutes or until a knife inserted in the center comes out clean and the custard is well set. Cool and serve.



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